



# Transition Phase #1

## Sample 3W Schedule

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 30 min Run 2. Core	Strength TNG: Endurance Emphasis	1. Speed & Agility 2. 30-30s	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Power or Power-Endurance
<b>W2</b>	1. 30 min Run 2. Core	Strength TNG: Endurance Emphasis	1. Speed & Agility 2. 30-30s	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Heavy Resistance
<b>W3</b>	Assessments	Strength TNG: Endurance Emphasis	1. Speed & Agility 2. 30-30s	Alternative Cardio (swim, bike, row, etc)	Strength TNG: Power or Power-Endurance

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

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# Foundation Phase

## Sample Schedule 1st Month

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 30 min Run 2. Core	Strength TNG: Heavy Resistance	1. Power Drill 2. 30-30s	Strength TNG: Power or Power-Endurance	Alternative Cardio (swim, bike, row, etc)
<b>W2</b>	1. 30 min Run 2. Core	Strength TNG: Heavy Resistance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT
<b>W3</b>	1. 35 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Power Drill 2. 30-30s	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
<b>W4</b>	1. 35 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

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# Foundation Phase

## Sample Schedule 2nd Month

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 35 min Run 2. Core	Strength TNG: Heavy Resistance	1. Interval s 2. Core	Strength TNG: Power or Power-Endurance	Alternative Cardio (swim, bike, row, etc)
<b>W2</b>	1. 40 min Run 2. Core	Strength TNG: Heavy Resistance	1. Agility 2. Interval s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT
<b>W3</b>	1. 40 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Interval s 2. Core	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
<b>W4</b>	1. 40 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Agility 2. Interval s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT

Only the 1st sessions are available for a given week, perform one endurance workout and one strength workout.

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# Foundation Phase

## Sample Schedule 3rd Month

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Interval s 2. Core	Strength TNG: Power or Power-Endurance	Alternative Cardio (swim, bike, row, etc)
<b>W2</b>	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Agility 2. Interval s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT
<b>W3</b>	1. 40+ min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Interval s 2. Core	Strength TNG: Heavy Resistance	Alternative Cardio (swim, bike, row, etc)
<b>W4</b>	1. 40+ min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Agility 2. Interval s	Strength TNG: Endurance Emphasis	Foot march or Tactical PT

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Only the 1st sessions are available for a given week, perform one endurance workout and one strength workout.

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# Endurance Phase

## Sample Schedule 1st Month

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Terrain Run
<b>W2</b>	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Foot march or Tactical PT
<b>W3</b>	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Agility 2. 20-min Tempo Run	Strength TNG: Endurance Emphasis	Alternative Cardio (swim, bike, row, etc)
<b>W4</b>	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Foot march or Tactical PT

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

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# Endurance Phase

## Sample Schedule 2nd Month

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 40+ min Run 2. Core	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Terrain Run
<b>W2</b>	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Foot march or Tactical PT
<b>W3</b>	1. 40+ min Run 2. Core	Strength TNG: Power-Endurance	1. Agility 2. 20-min Tempo Run	Strength TNG: Endurance Emphasis	Alternative Cardio (swim, bike, row, etc)
<b>W4</b>	MAW Assessments	Strength TNG: Heavy Resistance	1. Long Intervals 2. Core	Strength TNG: Endurance Emphasis	Foot march or Tactical PT

•If only **two PT** sessions are available for a given week, perform one endurance workout and one strength workout.

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# Transition Phase #2

## Sample 3W Schedule

	MON	TUE	WED	THU	FRI
<b>W1</b>	1. 30 min Run 2. Core	Strength TNG: Power or Power-Endurance	1. Speed & Agility 2. 30-30s	Strength TNG: Endurance Emphasis	Terrain Run
<b>W2</b>	1. 30-60 min Run 2. Core	Strength TNG: Heavy Resistance	1. Speed & Agility 2. 300-yard Shuttle Repeats	Strength TNG: Power or Power-Endurance	Foot march or Tactical PT
<b>W3</b>	1. 30 min Run 2. Core	Strength TNG: Endurance Emphasis	1. Agility 2. 20-min Tempo Run	Strength TNG: Power or Hybrid for Power-Endurance	Alternative Cardio (swim, bike, row, etc)

- If only **four PT sessions** are available for a given week, alternate days that emphasize endurance with days that emphasize strength.
- If only **three PT sessions** are available for a given week, the preferred choice is two sessions that emphasize endurance and one strength.
- If only **two PT sessions** are available for a given week, perform one endurance workout and one strength workout.

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# Strength Phase

## Sample Schedule 1st Month

	MON	TU E	WED	THU	FRI	SAT	SU N
<b>W 1</b>	Strength TNG: Mod- Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Mod- Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Mod- Heavy Resistance Total Body	Rest
<b>W 2</b>	Strength TNG: Mod- Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Mod- Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Mod- Heavy Resistance Total Body	Rest
<b>W 3</b>	Strength TNG: Mod- Heavy Resistan ce Legs/Bac	Rest	1. Strength TNG: Mod- Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Mod- Heavy Resistance Total Body	Rest





# Strength Phase

## Sample Schedule 2nd Month

	MON	TU E	WED	THU	FRI	SAT	SU N
<b>W 1</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest
<b>W 2</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest
<b>W 3</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest
<b>W</b>	Strength	Rest	1. Strength	Strength	Cardio	Strength	Rest



# Strength Phase

## Sample Schedule 3rd Month

	MON	TU E	WED	THU	FRI	SAT	SU N
<b>W 1</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest
<b>W 2</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest
<b>W 3</b>	Strength TNG: Heavy Resistan ce Legs/Bac k	Rest	1. Strength TNG: Heavy Upper Body 2. Cardio	Strength TNG: Power or Power- Endurance	Cardio Machine s	Strength TNG: Heavy Resistance Total Body	Rest



Transition Phase				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1 (10 reps) CL 1 (10 reps) PSD (2 x 60 sec) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD1 (1 rep) 60:120s (10 reps) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1 (10 reps) STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep) AGR (30 min) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1 (10 reps) CL 1 (10 reps) PSD (2 x 60 sec) <b>Recovery:</b> RD (30 sec)
Core exercises (Animal drills, TRX, 4 for the Core)	Speed or Agility	Muscular strength & endurance resistance training (TRX)	Alternative Cardio (swim, bike, row)	Power or Power endurance (full body use body-weight)
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep) AGR (30 min) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> ACUs/Boots GD (1 rep) CD 3 (5-10 reps) CL 2 (2x 3-5 reps) PSD (2 x 60 sec) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep) Hill Repeats (10 reps) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> ACUs/Boots GD (1 rep) CD 3 (5-10 reps) CL 2 (2x5 reps) STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep) Unit Run (30 min) or Foot March fl or aml <b>Recovery:</b> RD (30 sec)
Speed or Agility	Muscular strength & endurance	Alternative cardio (swim, bike, row)	Power or Power endurance (full	Tactical PT Obstacle course, ladders



## Train /ready phase

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation: PD (10 reps)</b> <b>Activities:</b> CD 1&2 (10 reps ea) CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> MMD 1&2 (1 rep ea) 60:120s (10 reps) or 300 yd-SR (2 reps) & Hill Repeats (8-10 reps) <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> MMD 1&2 (1 rep ea), AGR (30 min) or RR (30 min) <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1&amp;2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>
Core exercises (Animal drills, TRX, 4 for the Core)	Speed or Agility	Strength: Muscular strength & endurance	Anaerobic Training (HIIT, Tabata Intervals)	Power or Power endurance (full body)
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea), AGR (20-30 min) or RR (30 min) or</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> MMD 1&2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps) <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1&amp;2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities:</b> MMD 1&2 (1 rep ea) 60:120s (10 reps) or 300 yd-SR (2 reps) & Hill Repeats (10 reps) <b>Recovery: RD (30 sec)</b>



### Train /ready phase & Transition into weight training

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea), AGR (20-30 min) or RR (30 min) or</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps)</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1&amp;2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea), AGR (30 min) or RR (30 min) or</b> <b>Recovery: RD (30 sec)</b>
<b>Strength: Mod Heavy Resistance - Back</b>	<b>Core training, Stretching, Rollers</b>	<b>Strength: Mod Heavy Resistance - Chest</b>	<b>Injury Prevention: Stretching, Rollers</b>	<b>Strength: Mod Heavy Resist. - Legs</b>
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1&amp;2 (10 reps ea) CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea) 60:120s (10 reps) or 300 yd-SR (2 reps) &amp; Hill Repeats (10 reps)</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1&amp;2 (1 rep ea), AGR (30 min) or RR (30 min)</b> <b>Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1&amp;2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities</b> <b>Recovery: RD (30 sec)</b>



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep ea), 60:120s (10 reps) or 300 yd-SR (2 reps) & Hill Repeats (8-10 reps) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> ACUs/Boots, GD (1 rep), CD 3 (5-10 reps), CL 2 (2x5 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep ea), AGR (30 min) or Unit Run (30 min) or FM w/fl or aml (TBD) <b>Recovery:</b> RD (30 sec)
<b>Strength: Heavy Resistance - Back</b>	<b>Injury Prevention: Stretching, Rollers</b>	<b>Strength: Heavy Resistance - Chest</b>	<b>Injury Prevention: Stretching, Rollers</b>	<b>Strength: Heavy Resistance- Legs</b>
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> MMD 1&2 (1 rep ea), 30:60s (15 reps) or 300 yd-SR (3 reps) or Hill Repeats (10 reps) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> ACUs/Boots, MMD 1&2 (1 rep ea), TR (20 min) <b>Recovery:</b> RD (30 sec)	<b>Preparation:</b> PD (10 reps) <b>Activities:</b> CD 1&2 (10 reps ea), CL 1 (10 reps), PSD (2 x 60 sec) or STC (3 rotations x 60 sec) or other strength training modalities <b>Recovery:</b> RD





# **Tapered phase prior to MAW assessment & APFT**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1 (1 rep ea), AGR (20 min) or RR (20 min) or Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: ACUs/Boots, GD (1 rep), CD 3 (5 reps), CL 2 (1x5 reps), PSD (2 x 45 sec) or STC (2 rotations x 45 sec) or other strength training modalities Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1 (1 rep ea), 30:60s (10 reps) or 300 yd-SR (3 reps) or Hill Repeats (5 reps) Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1 (10 reps ea), CL 1 (10 reps), PSD (2 x 45 sec) or STC (2 rotations x 45 sec) or other strength training modalities Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1 (1 rep ea), AGR (20 min) or RR (20 min) or Recovery: RD (30 sec)</b>
<b>Speed or Agility</b>	<b>Resistance training (TRX)</b>	<b>Alternative cardio (swim, bike, row)</b>	<b>Power or Power endurance (full body use body-weight)</b>	<b>Tactical PT Obstacle course, ladders, nets, rope climbing</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1 (10 reps ea), CL 1 (10 reps), PSD (1 x 60 sec) or STC (1 rotations x 60 sec) or other strength training modalities Recovery: RD</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1 (1 rep ea), 30:60s (8 reps) or 300 yd-SR (1 rep) or Hill Repeats (5 reps) Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: ACUs/Boots, GD (1 rep), CD 3 (5 rep), CL 2 (1x5 reps), PSD (1 x 60 sec) or STC (1 rotations x 60 sec) or other strength training</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: MMD 1 (1 rep ea), AGR (20 min) or RR (20 min) or Recovery: RD (30 sec)</b>	<b>Preparation: PD (10 reps)</b> <b>Activities: CD 1 (10 reps ea), CL 1 (10 reps), PSD (1 x 60 sec) or STC (1 rotations x 60 sec) or other strength training modalities</b>